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Baldness.

"Baldness is more common in
men than in women," says the
Medical News, "and when it
occurs in the women, not the
same part is affected as in the
men." The course of this differ-
ence, as suggested by a writer in
the *Wiener Klinik*, is to be found
in the care and covering of the
hair by each sex.

The part of the scalp which in
man first becomes hairless is that
which the hat-band circles. The
tendency of a stiff, unyielding
constriction around any portion
of the body is to limit its blood-
supply, and, consequently, its
normal amount of nutrition.

The scalp, however, is much
more fully supplied with blood
than any other part of the body
away from the head, which itself
receives about one-third of the
entire supply.

When the scalp is covered with
a hat, impermeable and provided
with a band which constricts the
forehead, the normal ventilation
of the skin of the scalp is inter-
fered with, perspiration, evapo-
ration, circulation, and the con-
duction of the nervous force are
all unduly affected. The scalp
thus kept heated and moist
becomes soft and unhealthy.

In women, the scalp is hard-
ened to exposure of the bare
head, and is further covered by
long hair, which grows more
slowly and has more vitality than
short hair.

Brain-work contributes to
baldness only indirectly. The
habitual neglect of out of door
exercise and of regulating the
bodily functions affects the vita-
lity of the hair. Intensity of the
emotions and excesses of all
kinds increase the tendency to
baldness.

It is recommended that the
head covering be light and well
ventilated. The evaporation and
escape of perspiration from the
bow and scalp should be made
easy. The hat-band should not
be of firm and unyielding
material.

The habitual care of the hair
should include a thorough
brushing as well as combing.
Much soap and water are not
needed. Combs which have
teeth with sharp or split edges
should be avoided. The hair
should not be cut too short.
Little or no oil is required except
that which is natural to the
hair.

For those in whom baldness
has already begun, through no
weakness of the general system,
thorough brushing of the hair
several times a day will be bene-
ficial. The hair should be brush-
ed from the summit in all direc-
tions.

The muscles of the forehead
and scalp should be regularly
exercised, several times a day. It
is said that the individual hairs
of the scalp can be stimulated
by rubbing the nape of the neck
with a coarsely woven glove.